

# At Home Fitness Stourbridge



Location

**West Midlands, West Midlands**<https://www.freeadsz.co.uk/x-272014-z>

At Home Fitness provides personal training to clients throughout Stourbridge, and the surrounding areas including Dudley, Kingswinford, Brierley Hill and Wombourne.. Established in 2004, At Home Fitness has developed effective techniques for home personal training to help clients lose weight, tone up and get fitter. The Six Week Promise package guarantees results or a full refund. Focusing on home training has allowed At Home Fitness to develop very effective techniques and exercises in limited spaces. Highly-qualified and experienced trainers can also deliver exercise classes and outdoor.

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